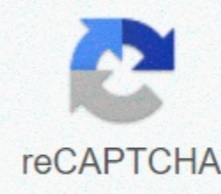




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Live blood analysis pictures

Managing blood sugar levels is critical for those suffering from diabetes. It is important to know how to properly control these levels. Several steps must be taken correctly to ensure that the results are accurate. Collect a glucose test kit. A common test kit includes: CaseMeterLancingLancetsGlucose test trips Registration book User ManualAlso grab a cotton fabric or ball. Make sure the meter has a working battery installed or replaced with a new battery through the back of the meter if needed. If this is the first time the meter has been used, it may need to be configured. Steps to set up your meter include adjusting the date, year, clock, and time. Alarms can be set, if desired, as reminders for glucose controls. High and low personal settings can be entered that will alarm and show if the readings are outside the individual's preferred range. Wash your hands thoroughly with warm soapy water for 20-30 seconds. Rinse and dry completely before continuing. Washing your hands before this task will prevent infection. If your hands are not washed properly, there is a possibility that the meter may show falsely high results. Take a single strip of clean test out of vial. Insert the test strip into the assigned slot at the top of the meter. Make sure the strip is face up and the tip of the sample is being left out of the counter. If the test strip is inserted incorrectly into the counter, the counter does not turn on. The counter will be set automatically and the whistle after the test strip is inserted correctly. When the meter is ready for a sample, a flashing symbol will appear on the screen. Take a single lancet without use of the supply. Remove the deck from the lancing device by twisting. Insert a new spear into your lancing device. Carefully remove the protective lid of the spear to expose the needle by slightly twisting the top. Make sure you don't mess with the tip of the needle. Replace the cover on the delay device. The delay device has several different depth parameters that can be changed depending on the individual's skin. Adjusting the cover of the lag device will change the depth of penetration of the skin when the device is activated. Turning lid on: 1-2 for delicate skin3 for normal skin4-5 for thick skinExchange solid cover with establishment options with clear AST lid after preferred settings are chosen. Hold down the safety device in one hand and pull back on the retractable colored end until it clicks. After your device clicks, it is now charged and ready to use. that the trigger button is not accidentally pressed at this time. Choose the preferred area to test. The most common place for sampling is the reach of the fingers. Other sites that can be used for sampling are: Pick up the lancing device with the opposite hand. To puncture, place the loaded lancing device firmly at the desired test site. Apply pressure and press the green trigger button next to the measuring device to pierce the skin. Sets the delay device after puncture. Be sure to rotate the test sites to give your skin a break and allow healing. Healing. Sampling sites are called Alternative Site Testing.With free hand, squeeze your perforated finger slightly to allow enough blood to collect for sample. Collect the counter with test strip inserted with free hand, make sure the counter is on, and the touch test strip to the blood sample on the punched finger. Keep the test trip on your finger until enough blood is collected on the strip. The meter will count from 5 to 1 and the whistle once you have received enough blood. If there was not enough blood received, the account below will stop and the counter will read Error. If this happens, the test must be repeated from the beginning with a new test strip, new spear and new puncture. Lower the meter and apply pressure to the punctured finger with tissue or cotton ball to stop bleeding. After receiving the blood sample, the meter will automatically display the blood glucose results on the screen. Test results from 20-600 mg/dL. The range for normal blood sugar levels is 60-100 mg/dL. Depending on the results shown, the individual can take the right steps to manage their blood sugar, as ordered by their doctor. If high and low alarms have previously been entered into the device, they will ring if the results are outside the individual's personal intervals. HELLO will show if the results were high, and LO will be shown if they were low. It is useful to write glucose levels in the personal log book provided in the testing kit to control blood sugars. The results will be automatically saved on the counter, and can be viewed later if necessary. To see the results of the tests above, activate your device and press S on the counter. Remove the used test strip from the counter with a fabric. Throw in the appropriate removal container. Be careful when removing the spear from the delay device to make sure there are no accidental punctures or injuries. To remove the spear, unseal the protective cover of the lancing device and slide the lancet ejection forward. The spear will be ejected from the lancing device. Have spear in the right container. Don't worry about manually turning off the meter, it will turn off automatically after 3 minutes of any use. Clean the meter if necessary before storing. Plug the vial of the test strips tightly to make sure it stays clean and doesn't spill. A case is available for storing equipment. The counter, the lancing device, the spears, the vial of the test strips, and the log book fit easily in the case, and each piece of equipment has its own place. Introduction Blood pressure is an important indicator of health. Knowing blood pressure is the first step in preventing heart disease. Although most doctors take the pressure off using an automatic blood pressure monitor, knowing how to use a manual blood pressure monitor is an important skill for anyone interested in health. If you or someone you know is at risk for high or low blood pressure, it can be beneficial to invest in a blood pressure monitor use of the home. MaterialsBlood pressure cuff attached pump stethoscope gauge test subjectCost The cost of a low cost manual blood pressure monitor is \$16.99 at the local drug store. Time 5 minutes or less Safety considerations Do not keep the blood pressure cuff swollen for long periods of time, as this will limit blood circulation to the cuffed arm. By taking someone else's blood pressure, make them sit on a chair with their legs on crossing and feet resting on the floor. If your partner has long sleeves, they roll up their sleeves so that their upper left arm is bare. May your partner relax, and place an arm, palm up, on his lap. Press tightly with two fingers inside your partner's elbow to feel a pulse. The pulse should be located near the inside of the inner elbow. If the pulse is difficult to locate, move your fingers around the inner elbow until you find the pulse. Tuck the end of the cuff through the metal loop and slide into your partner's arm. Using the Velcro on the fist, secure it about a half inch above the curve of the elbow. The cuff will have a line or arrow marked on it so that it can be properly placed around the arm. Make sure the line or arrow lines with the brachial artery in the inner elbow. The pulse you feel in step one gives the general position of the brachial artery. The cuff should fit so that the skin does not pinch. It should be possible to fit two fingers under your fist, but not the entire finger. If the fist indicator is not visible when viewed from above, move it to make your face look easily. Place the flat, drum part of the stethoscope under your fist on top of your partner's brachial artery. Put the ear tips of the stethoscope in your ear. Keep the stethoscope slightly in place with one hand and pump with the other. Turn the screw of the bulb pump clockwise several times to close the airflow valve. Squeeze the bulb quickly while looking at the dial in increasing the indicator to indicate the pressure. Continue squeezing until the indicator reads between 160 and 180 mmHg. If the sphere moves but falls, make sure the airflow valve is closed. Turn the screw on the pump bulb clockwise several more times and try again. Slowly turn the screw into the pump bulb counterclockwise to open the airflow valve. The sphere in the indicator should fall to about 2 mmHg (millimeters of mercury) per second. If the dial falls too fast so you can't take a measurement, drop all the air into your fist and start over from step 5.At around 120 your partner's pulse should become audible. Record the pressure reading at the exact moment the pulse becomes audible. This is the reading of systolic pressure. Around 80 mmHg, your partner's pulse will fade. Record the pressure reading when the pulse is no longer audible. This is diastolic diastolic pressure Once you have a diastolic reading, turn the screw on the pump bulb counterclockwise to open the airflow valve and quickly release the rest of the air on the cuff. If you haven't been able to point out systolic or diastolic pressure, restart from step to blood pressure is typically recorded as two numbers, written as 5.La relationship like this: 120/80 mmHg (read 120 out of 80 millimeters of mercury). Systolic blood pressure goes to the top of the relationship and refers to the strength that blood exerts against artery walls such as heart pumps. Diastolic blood pressure goes to the bottom of the relationship and refers to blood pressure between heartbeat. The average blood pressure of a healthy adult should be around 120/80 mmHg. If a person's blood pressure is consistently higher than 140/90 mmHg it could be a sign of hypertension. Do you want to bring the outdoors? Here is a quick project using air plants that can be added to any room for an outdoor sensation. This project works well for bathrooms! The best part is that you don't need to water regularly like a potting plant! Materials: Frame Air Plants Fine Wire Scissor Glue Gun Moss Leaf Any other decorative mossUsing the frame measure the amount you will need and cut the correct portion of the moss foil. Have your glue gun ready to stick each side inside the frame. Now is the time to find out if you want to create a vertical or horizontal piece of art. Be sure to keep in mind where your hook is on the back of your frame. Decide on a plant arrangement you like once you choose the orientation. Secure the plants instead with thin wire, you should be able to send the wire through the moss leaf easily. I wrapped my plants twice and then twisted the wire on the reverse side to secure. Your last step is to add some natural details with the extra moss decorations. Remember when you are decorating that strange numbers look more natural. :) Enjoy! Make sure fog every few days (if not in a bath) and allow plants to get the sun filtered, not direct sunshine. (Look for specific plant-based instructions you buy.) The cost of this project is quite cheap, here were my costs... Plants: \$11 for all 3 frames: \$6 at Micheals (6x10), you can easily make a frame or use an old man who already has moss leaf: \$5 at Micheals decorative mosses: \$5 at MichealsTotal: \$27 \$27

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